

Baked Corn on the Cob

If the summer grill is full of meat, corn on the cob can easily be baked in the oven. If you want the grilled look and texture, place it on the higher oven rack, with aluminum foil on a lower rack above the coils to collect any juice. You can also wrap corn on the cob in aluminum foil with a little butter and salt. Or in a typical baking dish with a little water, butter, and salt. Baking in the oven retains the juice and taste of corn on the cob. Baking in the oven takes about an hour.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Corn
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat: None

Vegetables:

- 2 ears of corn, broke in half

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash corn thoroughly. Break ears in half.
2. Place in 1.5 quart oven safe pan:
 - 1 tablespoon of butter
 - 2 ears of corn
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover most of the corn.
3. Cover pan and place in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes **

** Wash corn thoroughly and break in half before baking.

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.